



mira

# SEO-OPTIMIZED BLOG WRITING

Ongoing SEO-optimized blog articles for femtech company, Mira. Includes research and writing.

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Audience / Women of reproductive age who are seeking information about reproductive health, fertility tracking, and family planning.

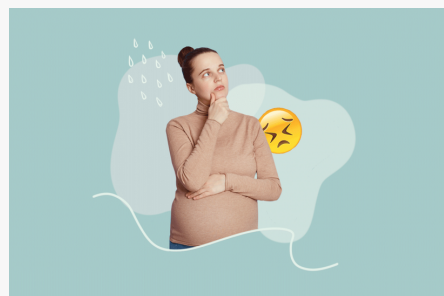
Voice / American English



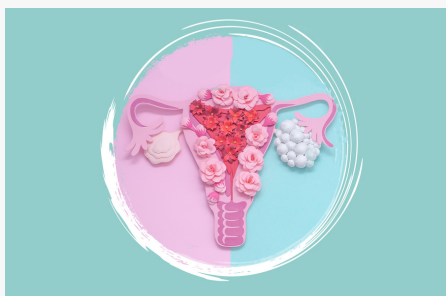
### **Pre-Pregnancy Diet: What Foods Should You Be Eating When TTC?**



### **Stress and Fertility: How It's Connected and How to Manage It**



### **Pregnancy Blues: 6 Common Symptoms, Triggers, and Coping Tips**



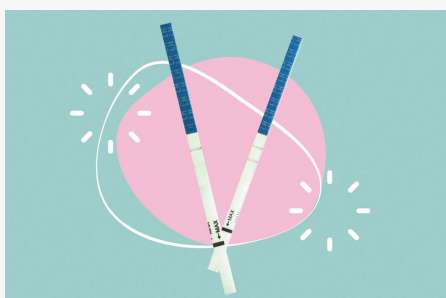
### **Do Ovarian Cysts Cause Infertility? How They Impact Pregnancy & TTC**



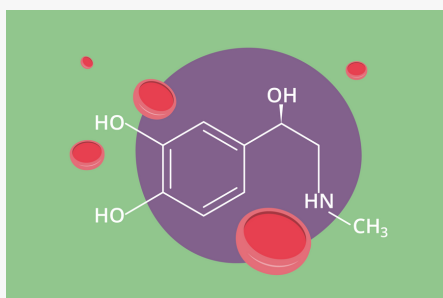
### **PCOS Hair Loss: Causes, Treatments, and Regrowth Success Stories**



### **When (and What) Is a Fertile Window? [TTC + TTA Planning]**



### **What Does a Positive Ovulation Test Look Like? (7 Examples)**



### **Progesterone vs Progestin – What's the Difference?**



### **FSH Levels in Women: What's Normal? (+ FSH Levels Chart)**